

A SKETCH  
OF THE  
ORIGIN,  
PROGRESS, AND PRESENT STATE  
OF  
THE RETREAT,  
AN INSTITUTION NEAR YORK,  
FOR THE RECEPTION OF PERSONS AFFLICTED  
WITH  
DISORDERS OF THE MIND,  
AMONG THE SOCIETY OF FRIENDS.

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DRAWN UP BY DIRECTION OF THE  
GENERAL MEETING,  
FOR  
Distribution among the Subscribers.

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YORK :

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1828.



## A SKETCH, &c.

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At a General Meeting, held the 26th of 6th month, 1828, the following "Sketch of the Origin, Progress, and Present State of the Retreat," was presented by the Committee previously appointed to prepare it; and was ordered to be printed and circulated, amongst the Subscribers to the Institution.

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### CHAPTER I.

#### ORIGIN AND ESTABLISHMENT OF THE RETREAT.

The establishment of a separate receptacle for the insane members of our Society, appears to have been the consequence of a request made to some friends in York, to visit an insane female, placed in an Establishment in the neighbourhood of the city. Circumstances connected with the case of this poor woman, made a strong impression on the minds of those who had been requested to visit her; and the conversation and enquiries to which it led in their family and immediate circle, at length produced the conviction, in the mind of the late Wm. Tuke, that an Establishment for insane persons who were

connected with our Society, was highly desirable and its attainment practicable. In this conclusion he was decidedly supported by his son Henry Tuke, and by their judicious and excellent friend, the late Lindley Murray.

It is now matter of curious history, that though the reasons for the formation of this Establishment, appear to us so obvious, the proposition met, for some time, with little countenance, and much opposition. Few had considered the subject;—some thought there was, in our Society, a very small number of objects for such an Institution, and were startled at the mention of a provision for thirty persons;—some believed that no improvement could be made in their condition; and saw no advantage in a separate Establishment;—and others were averse to the concentration of the instances of this disease amongst us. Founded as these opinions were upon ignorance of the subject, they were urged with no little force by persons, the general correctness of whose judgment justly entitled them to attention.

There is reason to believe that the chief promoter of the Institution, was by no means aware of the full extent of the evils which called for remedy, and demanded such an Establishment; but he saw that a certain portion of good might be effected; and his conscientiousness would not allow him to desist from the endeavour to obtain it. The subject was first brought before any collective portion of the Society of Friends, at the close of the usual Quarterly Meeting, in the 3rd month, 1792; and it was then agreed, that a plan or prospectus of the proposed Establishment, should be prepared before the next Quarterly Meeting.

This was accordingly done, and laid before a meeting of friends, in the 6th month; which, after much discussion, directed it to be printed and circulated. A subscription was immediately opened; and the contributions appear to have consisted of a Life Annuity of £100. Donations to the amount of £192. 3s. and Annual Subscriptions engaged for three years, amounting to £11. 0s. 6d.

From the prospectus which we here insert, will be seen the alleged grounds of the proposed Establishment, and the means by which it was designed to be supported.

*“ At a Meeting of Friends held at York, the 28th of 6th Month, 1792, for the purpose of taking into consideration the propriety of providing a retired Habitation, with necessary advice, attendance, &c. for the Members of our Society, and others in profession with us, who may be in a state of Lunacy, or so deranged in mind (not Idiots) as to require such a provision :*

#### RESOLVED,

*“ That persons of this description, (who are truly objects of great sympathy and compassion,) are often, from the peculiar treatment which they require, necessarily committed, wholly to the government of people of other Societies ; by which means the state of their own minds, and the feelings of their near connexions, are rendered more dissatisfied and uncomfortable than would probably be the case, if they were under the notice and care of those, with whom they are connected in Religious Society. It appears, therefore, very desirable that an Institution should be formed, wholly under the government of Friends, for the relief and accommodation of such Persons, of all ranks with respect to property. This would doubtless, in some degree, alleviate the anxiety of the relatives,*



*render the minds of the Patients more easy in their lucid intervals, and consequently tend to facilitate and promote their recovery—*

IT IS THEREFORE PROPOSED,

1st. “THAT, in case proper encouragement be given, Ground be purchased, and a Building be erected, sufficient to accommodate thirty patients, in an airy situation, and at as short a distance from York as may be, so as to have the privilege of retirement ; and that there be a few acres for keeping cows, and for garden ground for the family ; which will afford scope for the patients to take exercise, when that may be prudent and suitable.

2nd. “THAT the Institution be established and supported by annuities, donations, and annual subscriptions ; and that the same, which should be altogether voluntary, be promoted amongst Friends, within the compass of this, and any other Quarterly Meeting.

3rd. “THAT each Subscriber, by way of annuity, contributing a sum not less than Twenty Pounds, shall receive an interest of five per cent. per ann. during life ; and as the undertaking may not be able to pay this interest, and otherwise maintain itself for the first three years, those entered as Subscribers for annual payments, be engaged for three years certain, in case the Subscriber should so long live.

4th. “THAT a contribution of One Hundred Pounds, from any Quarterly Meeting in its collective capacity, paid to the Treasurer of this Institution before the year 1794 ; or a donation, at any time, of Twenty-five Pounds from any Friend ; or

a subscription of Fifty Pounds for an annuity, shall entitle such Quarterly Meeting, Donor, or Annuitant, respectively, to the privilege of nominating one *poor* patient at a time, on the lowest terms of admission.

5th. "THAT the name of every annuitant, donor, and subscriber, be recorded in a book to be kept for that purpose ; and that every Annuitant, Donor of not less than Two Guineas, and Subscribers of sums in any manner equal to Two Guineas, in the first three years, being and continuing a member of our Society, shall be a Member of the Meetings which are to be held for the government and superintendence of the Institution.

6th. "THAT there be paid for board, washing, medical advice, medicines, and all other things necessary except clothing, according to the circumstances of the patients or their friends, from four shillings to fifteen shillings per week, or higher in particular cases ; and six shillings per week for the board of the servant of a patient, in case the friends of any patient should incline to send one ; which servant must be approved by the Committee.

7th. "THAT eight shillings per week and upwards, according to circumstances, be the terms for patients who come from the compass of any other Quarterly Meeting than Yorkshire, unless privileged agreeably to the 4th. proposal.—These terms for patients to be subject to future alteration, if found necessary."

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A number of Friends residing in different parts of the county of York, were appointed to solicit Subscriptions, and to bring

an account of their success to the next Meeting. At the second Meeting little appears to have been done; but at the third and fourth considerable additions were reported to the Subscriptions, and an increased interest was manifested by Friends generally towards the subject. There was now, as might be expected, considerable diversity of sentiment among those who approved of the general design, as to the best mode of carrying it into execution; and also as to the propriety of some of the rules, proposed in the sixth month, 1792. An explanatory paper was therefore ordered to be circulated, which appears to have had the effect of removing some misapprehensions, respecting the views of the promoters; but it is doubtful, whether much impression was yet made upon those, whom it notices as considering the proposed Establishment to be *unnecessary*, from the number of Institutions for the insane which already existed.

A fifth Meeting was held in the sixth month, 1793, which adjourned to the close of the Ackworth General Meeting; at which time it was finally resolved to prosecute the plan. A resolution more accordant with the sense which its promoters entertained of the importance of their object, than with the means which had then offered for carrying it into effect; the Subscriptions for annuities amounting only to £325; the Donations to £799. 13s. 6d.; and the Annual Subscriptions to £32. 0s. 6d.

The committee appointed at this time, appear not to have met with an eligible purchase until the latter end of the year, when they obtained the situation at present occupied. This being at the distance of only half a mile from the walls of the city,



the ground elevated, and the prospect diversified and extensive, appeared to them in every respect desirable. The quantity of land purchased was nearly twenty acres, for which the sum of £2325. was agreed to be given. This being more than the Establishment was thought likely to require, about eight acres, situated at the distance of some miles from the proposed site of the building, were immediately disposed of, for the sum of £968.; leaving about eleven acres at the cost £1357.

An architect, and an eminent builder in London, were immediately consulted; and their plans and estimates were laid before the Meeting in the fourth month, 1794. The estimate for the centre and the east wing, amounted to £1883. 4s. 1d.; and short as the funds still were of the expense about to be incurred, the Meeting came to the determination, that the building should be speedily proceeded with; hoping this would induce Friends to come forward with additional subscriptions.

In the commencement of the following year, 1795, the building was covered in, and the inside work in great forwardness; but the funds being exhausted, it was agreed, by a meeting of the subscribers, to borrow what might be necessary to complete the place for the reception of patients. Although the amount of subscriptions does not appear to have been materially increased during this year; yet the subscribers directed the committee to complete the west wing; and to provide suitable persons to fill the various departments in the family.

The latter task was one of great importance to the infant Institution; and appears to have been attended with considerable difficulty. A housekeeper and several servants were how-

ever engaged ; and the house was opened the 11th of 5th month, 1796, and early in the following month three patients were admitted. Dr. Fowler, a physician resident in the city, was appointed to attend the house ; but a suitable person was still wanting to fill the important office of Superintendent.

This place was temporally supplied by the kindness of Timothy Maud, of Bradford, a friend of great worth, as well as medical knowledge, who had retired from practice ; and it was not permanently filled, until the appointment of George Jepson, in the 6th month, 1797.

Here it may not be unsuitable to state the views of improvement in the treatment of Lunatics, entertained by the original promoters of the Establishment. Whilst sensible that great abuses existed, in many houses devoted to the treatment of the Insane, they imagined also, that there were others from whose practice they might derive the results of an enlightened experience ; and by whose instructions they might safely, in great measure, be guided in the main principles of their moral and medical treatment. The basis of the system at that time generally adopted, was the position, *that fear is the great principle by which the insane are to be governed* ; and the practical consequences deduced from it, were, that their attendants should commence their intercourse with them, by an appearance of austerity, and perhaps the display of personal prowess ; in fact, that in some cases of violent excitement, the cudgel and the whip were the most suitable instruments of coercion.

We believe it may be said, that the Retreat commenced with an assent to the general correctness of these views ; and though

they could not fail to be modified by the good sense and feeling of the committee of management, it must be admitted, that they were acted upon to an extent, which, with our present knowledge, we can hardly contemplate without surprise.

The investigating mind of George Jepson, had often, previously to his appointment of Superintendent, led him to query the beneficial effects resulting from this system of management ; he had observed that wild animals were the most easily tamed by gentle methods ; and judging by analogy, he inferred that man bereft of reason might be influenced by the same means. His own experience was at this time too slight to warrant him in discarding a system, sanctioned by general adoption. Yet on an occasion soon after his introduction into office, after the exercise of some severity towards a violent patient, he passed a sleepless night in anxious cogitations. He felt satisfied that his mode of treatment in this case, had tended to irritate rather than control the patient's diseased feelings ; and he determined to try the effect of an opposite system. In this conclusion he was strengthened by his observations, made in visiting two of the large Establishments in the metropolis, and one in the vicinity of this city. Following steadily, but cautiously, the guidance of his judgment and his feelings, his observation and experience soon led him to abandon the system of terror, and to adopt that which presumed the patient to be generally capable of influence, through the kindly affections of the heart ; and also in a considerable degree through the medium of the understanding.

Dr. Fowler entered heartily into the views of the committee and superintendent, in regard to the mild system of treatment ;

and at the same time pursued, with much zeal, the medical treatment of the patients. He had not had much experience in cases of Insanity, when he entered on his office; but he pursued a course of experiments and observations, with that perseverance and precision for which he was distinguished. He kept a particular register of every case. He made full trial of the various pharmaceutic means recommended by medical writers, as applicable to the various forms of Insanity; but the expectations which he successively formed, of benefit to be derived from them, were almost as successively disappointed; and he was soon led to the conclusion, that in the treatment of the diseased affections of the mind, the great business of the medical practitioner, was the study of the bodily symptoms in each case; and that where these did not exist, as was sometimes the case, pharmaceutic treatment must be considered as merely experimental; and that, in the present state of our knowledge in regard to the connexion between body and mind, more was, in many cases, to be expected through the influence of a judicious system of moral treatment, tending immediately to the alleviation of the mental symptoms, than from the administration of medicine.

This view, however, whilst it led the physician to co-operate earnestly in the improvement of the system of general management, did not discourage him from attention to his own *more* peculiar department. The importance of watching for physical indications, and of close attention to the general bodily health, became enhanced in his view; and the benefit of medical treatment thus directed was frequently evinced.



## CHAPTER II.

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### PROGRESS OF THE INSTITUTION FROM 1796 TO 1813.

AT a general Meeting of subscribers, held at the close of the midsummer Quarterly Meeting, 1796, the committee reported that the western wing of the building was in great forwardness; and that the several sums borrowed on interest towards completing the erection, amounted to £1245.

At this Meeting the rules were revised; the general Constitution of the Establishment fully determined upon; and a number of copies of the various regulations ordered to be printed and circulated.

The report brought in by the committee in 1797, giving a general outline of the State of the Establishment, we extract from it the following paragraphs: "In laying before Friends the state of this Institution, we apprehend it will be no small satisfaction to them to be informed, that it is now agreeably supplied with managers. The patients are under the care of a Physician, who visits the house several times a week; a man friend, well approved has undertaken the office of Superintendent; and a woman friend that of Housekeeper; both of whom have likewise



a general oversight of the patients. These, with two men and three women-servants under them, form the present establishment of the house.

“Though the great debt with which the Institution is encumbered, may lay those who have the care of it under some difficulties, yet they conceive they are such as will not be insuperable, provided the Institution continue to possess the good opinion of the Society, with respect to its object; and that the management also prove satisfactory: in which case it is hoped, that subscriptions and legacies will come in, so as not only to pay the interest of the debt, but also gradually to reduce the principal.

“Out of fifteen patients now in the house, seven are poor ones, on the low terms of 4s. per week; the rest are from 8s. to £1. 1s.—the income of the whole £5. 5s. per week.

“From the experience already had, there is reason to believe, that when the number of patients increase, the Institution will be able to defray its own current expenses by the pay of the patients; and though the terms are lower than those of any other Institution of the kind which we know of, yet, we presume, the accommodations are such as to render it suitable for those in any station of life;\* whether we regard the pleasantness and healthiness of the situation, or the conveniences provided for the use of the patients, both within doors and without; in which we have studiously avoided that gloomy

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“ \* There are apartments in which patients, with a servant, may be accommodated, without mixing with the others.”

appearance, which frequently accompanies places appropriated for those, who are afflicted with disorders of the mind.

“ In the short time that this Institution has been established, there has appeared abundant cause to convince us of the necessity there was for it: a considerable disadvantage not only seems to have been sustained, in many cases, from unskilful private confinement; but there has also been particular occasion to observe the great loss, which individuals of our Society have sustained, by being put under the care of those, who are not only strangers to our principles; but by whom they are frequently mixed with other patients, who may indulge themselves in ill language, and other exceptionable practices. This often seems to leave an unprofitable effect upon the patients' minds, after they are restored to the use of their reason, alienating from those religious attachments which they had before experienced; and, sometimes, even corrupting them with vicious habits, to which they had been strangers.

“ In the infancy of such an Institution as this, they who have the principal management of it, do not conceive themselves superior to the disadvantages, which want of experience may be supposed to lay them under. They think, however, that they have abundant encouragement in the undertaking, not only from the great occasion there appears for such an Establishment, but also from the melioration of many of the patients. Since the opening of the house in the 6th month 1796, to the same month 1797, eighteen patients have been admitted, most of whom, from the long continuance of their disorder, may be deemed incurables. Two patients have died; one is gone home recovered, and several others are greatly improved; and though

symptoms of derangement in these may still be obvious, yet they appear, in general, more easy and comfortable, than, under such circumstances, might reasonably be expected.

“In describing the particular benefits of this undertaking, it seems proper to mention that of occasionally using the patients to such employment, as may be suitable and proper for them, in order to relieve the languor of idleness, and prevent the indulgence of gloomy sensations. The privilege of attending religious meetings, when they are fit for it, and of having occasionally the visits of suitable Friends at the house, may be justly esteemed of no inconsiderable importance. These considerations, added to those which have already been mentioned, and that of the frequent attendance of women friends appointed every month, by a Committee which meets in the house, appear to give this Institution peculiar advantages, in the view of Friends; and to warrant the promoters of it in expecting the support and encouragement of the Society.”

In the sixth month 1798, twenty-three patients were under care; and several being admitted soon after, the probability of wanting additional accommodation induced the committee, in the 9th month, to propose to the Quarterly Meeting of Directors, the erection of another building at the end of the east wing. At this time there were twenty-eight patients, and the house being originally adapted for not more than thirty, the proposal was readily agreed to, and the committee empowered to carry it into effect.

About this time, the attention of the committee appears to have been directed to the importance of removing patients to

the Retreat, in the early stages of the disorder. Their conviction of the importance of this measure, arising from the much greater proportion of cures of this class, than of those in which the disease was of longer continuance, induced them to recommend to the General Meeting, in 1799, to promote its more general adoption, by the offer of some pecuniary inducement to those in low circumstances. The subscribers generally uniting in the views of the Committee, the rule No. 3, Chapter V. was at that time formed.

The Report of 1800, presents the following view of the state of the Institution. "Eleven patients have been admitted since the last year. Six have recovered, and been discharged; three have died, two of whom were considerably advanced in years. There are at present in the house, thirty-six patients, viz. fifteen men, and twenty-one women; eleven of whom are at the low price of four shillings, and one at five shillings per week. Two patients, whose disorder was recent, and who formerly would have paid four shillings per week, were admitted gratis, in consequence of the agreement entered into last year. They are both recovered and discharged.

"Experience has this year abundantly convinced us, of the advantage to be derived from an early attention to persons afflicted with disorders of the mind. Of the eleven above reported to have been admitted, two were removed from another Institution, as incurables; and three others were confirmed cases. The remaining six were recent instances; four of whom recovered, and were discharged within the first quarter after their admission; the two others are evidently recovering, and will probably be dismissed within the same period. This consideration will, we hope, encourage the friends of those who are



or may be afflicted with this malady, to remove them early, and place them under proper care and treatment.

“We feel satisfaction in having it in our power to demonstrate the advantages of this Institution; and we trust that nothing now remains necessary to convince Friends of its utility, and to encourage them more generally to co-operate in its support.”

The Reports for 1801 and many of the succeeding years, refer chiefly to the state of the funds, a detailed account of which will be found in this work under the head Finances. The further notices of the Reports will therefore be brief.

In the year 1801, the Retreat was deprived by death of the valuable services of Doctor Fowler. The Committee, in a conference with the subscribers of York, appointed Dr. Cappe to the vacant office.

In 1802, the managers had the satisfaction of finding the hope realized, which they had several times expressed, that the income arising from the patients, would be sufficient to defray the expenses of the family; their being an excess of receipts above the expenditure of £13. 4s. 11d.

At the close of this year, the office of Physician again became vacant by the death of Dr. Cappe; and Dr. Belcombe, the father of the present physician, was appointed his successor.

In 1803, the accommodations being found insufficient for the increased number of applicants; the General Meeting ordered an addition to be made at the western end of the building.



From this period to 1809, the Reports present few objects of interest; each succeeding year, however, tended to confirm the Directors in the importance of a mild system of management; and to supply additional facts, to which they could appeal as the proof of its efficacy.

The Report of 1809, stated the number of patients under care to be fifty-nine; about double the number for which the Institution was originally designed. The additional building erected in 1803 was filled; and several applications for the admission of suitable objects, were obliged to be refused for want of room.

The Committee apprehended that the best mode of supplying the wants of the Society, would be by having a distinct house for a number of convalescent patients, and proposed to the General Meeting, that such an appendage to the Institution should be formed. The plan was agreed to at the following Quarterly Meeting of Directors; and in the Report of 1810, premises were stated to have been purchased for the sum of £1200, between the Retreat and the city. As it was thought desirable not to increase the debt of the Institution, an extraordinary subscription was opened on the occasion, which by the Report of 1811, appears to have amounted to £1399. 4s.

The continued liberality displayed by Friends towards the Institution, was particularly grateful to those who felt most responsible for its management, as fully evincing the sense which the Society entertained of its importance and excellence. Nor was this opinion of its value confined to the Society of Friends. Though it had hitherto given no publicity to its plans and proceedings, excepting the brief statements contained in its

Annual Reports ; it had attracted the attention of many persons both at home and abroad. It was considered by judicious visitors, as conducting an important experiment, as to the degree in which a mild system of treatment might be introduced, in the efficient management of the Insane. So early as 1798, Dr. Dalarine of Geneva, who had paid much attention to the subject of Insanity, and who visited the Retreat after having seen various public and private asylums, was so much interested in its proceedings, that he addressed an account of it to the Editor of a periodical English work ; and afterwards published it in a separate form on the Continent. In this letter he states the miserable condition of lunatics, in the places ordinarily appropriated to their care, and contrasts it forcibly with the mode of treatment in this new Establishment.

In 1810, the managers of a proposed Asylum at Glasgow, published the report of their architect, who had been commissioned to visit the principal Lunatic establishments in Britain ; and in this report, which formed an admirable Essay on the construction and management of Asylums, the writer mentions the Retreat with peculiar approbation, as “a government of humanity and consummate skill, requiring no aid from the arm of violence or the exertions of brutal force.”

The character of the Institution, now attracted for it considerable notice ; and applications were frequently made by those engaged in similar undertakings, for a particular account of its mode of management and general economy. These enquiries led, in the year 1813, to the publication of the “Description of the Retreat, containing an account of its origin and progress, the modes of treatment, and a statement of cases.”

This work from the importance of its subject, obtained general attention; and the facts which it detailed, as the result of sixteen years' experience, were considered as establishing the practicability and advantage, of a more mild system of treatment, than had been generally adopted.

About this time, several persons who were likely to engage in the superintendence of similar Establishments, were allowed by the Committee, to attend at the house, to observe the mode of managing the patients; and by this means, as well as by the reports of its proceedings, its example came to have considerable influence on other Institutions for a similar object. One instance of this influence, we shall here briefly relate. A general ASYLUM for the Insane had been established in York, in the year 1777, by voluntary contributions; and was supported and patronized by the principal persons in the county. At the time the Retreat was established, the supposed excellence of the York Asylum, was urged as one of the reasons which rendered any new Institution unnecessary. The occurrence referred to in the commencement of this Sketch, as having, in the first instance, led to the consideration of a separate receptacle for the deranged persons of our own Society, actually took place in this house; and whether it afterwards really deteriorated or not, certain it is that its character sunk materially in subsequent years.

It seems, however, it had not sunk in the estimation of its manager; for soon after the publication of the "Description of the Retreat," he thought proper to make a severe attack upon the author, in one of the public papers, as having by his representations respecting the Retreat, cast reflections on other



Establishments. A long controversy in the news papers took place, which excited much interest; and at length some serious charges of maltreatment were made, on very respectable authority, against the ASYLUM. Investigation took place, and a fair hearing of some of the cases having been secured, by a number of highly respectable persons qualifying as governors, by donations from each of £20. or upwards; it ended in the clear establishment of some of the most material charges;—in the complete revision of the rules for the government of the Establishment;—in the dismissal of every servant engaged in the care of the patients;—and in the re-organization of the Asylum, by the superintendent and matron of the Retreat. And it is highly satisfactory to know, that these changes were made with the full consent and approbation of many of the \*old governors, who had previously entertained the highest opinion of the excellent state of the Institution.

How little did the first promoters of the Retreat calculate in their outset, on such extensive results from their limited and unostentatious proceedings. It may be encouraging to future labourers in the cause of humanity thus to have recorded, how great, in less than twenty years, were the beneficial effects of the judicious and steady pursuit of an object, dictated by the best feelings of the mind; and pursued, not with reference to worldly applause; but as far perhaps, as may be said of combined human proceedings, with a single eye to the Divine favour, and the good of man!

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\* Amongst these may be mentioned the distinguished names of the Archbishop of York and Earl Fitzwilliam.

## CHAPTER III.

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### SUBSEQUENTLY TO 1813, UNTIL 1828.

Some cases having occurred, in which the provision for the higher class of patients was found inadequate, the Committee proposed to the General Meeting in the 6th month, 1816, to erect suitable apartments for six male patients ; and to leave the rooms in the centre of the house, which this class had previously occupied, to the females of the same description. This proposal was adopted ; and a building was erected at the extremity of the airing courts, on the south side of the house, communicating with the main building by a covered passage. This part of the Establishment is known by the name of the Lodge. It is situate in a paddock, sloping to the south, is surrounded by pleasure grounds, and has not one exterior feature of a place of confinement.

The Report of 1817 presents a gloomy picture of the state of the finances ; the expenses of the patients exceeding their payments by £427. This deficiency induced the Directors to issue an address to the different Quarterly Meetings, stating their belief that the funds of the Institution would be materially benefited by the appointment of one or more agents in each meeting, for



the purposes of collecting subscriptions and of circulating information respecting the Institution ;—that this measure would be likely to remove the disparity, which then existed, between the subscriptions of Yorkshire, and those of other Quarterly Meetings ; although the benefits of the Institution were equally open to all. The success of this appeal fully proved, that it was not from a feeling of backwardness, that our distant friends had not assisted, in the regular annual support of the Institution ; but, as was supposed, that it had arisen from the want of some channel of easy and constant communication. The amount of annual subscriptions received in 1817, was £115. 18s. 6d. ; but in 1818 we find it increased to £314. 9s. 6d. and in the following year to £481. 17s. 6d.

The foundation of a material improvement in the finances of the Institution, was laid in the year 1818, by the partial admission of persons of other Societies being allowed. The character of the Institution had led to frequent applications for this liberty ; but the accommodations which the house afforded, had hitherto hardly kept pace with the wants of the Society ; and one of the primary objects in the Establishment, that of avoiding the indiscriminate mixture of persons of very different opinions and habits, forbade the idea of a free admission of others, had there been vacant room, into the general wards. But the late arrangements for the higher class of patients, affording the means, when desirable, of personal separation, and there being several of the apartments for this class unoccupied, the Committee recommended that the vacancies should be allowed to be filled up by persons wholly unconnected with the Society, who could pay for *distinct apartments and attendants*. The Quarterly Meeting to which the subject was referred, consented to the proposal, on

the condition that such patients should neither be admitted nor continued to the exclusion of Members of the Society of Friends, or those in profession with them.

Some additional accommodation having been provided for the inmates of the Appendage, that separate establishment was given up in 1822, and the patients removed to apartments in the main building.

The benefits resulting from this Establishment had not been found equal to the disadvantages attending it. The more pleasant situation of the large house, and the grounds attached to it, made it generally preferred by the patients. The removal of convalescents from under the care of those who had watched over their progress, seldom appeared expedient; so that the Appendage became mainly occupied by the class of incurables who required the least care, and who derived no benefit or additional comfort from the separation from others. During the ten years in which the experiment of a separate establishment was made, it was found to add materially to the average cost of the patients; and this consideration, in connexion with those already stated, led to its abandonment.

In the year 1822, the very advanced age of George Jepson rendered it desirable that he should be released from the office of Superintendent; the arduous duties of which he had so long discharged, with credit to himself, and incalculable benefit to the Institution.

The providing of a suitable successor was an object of anxious solicitude to the Directors; for although the general

method of management was no longer a subject of doubt or experiment, yet the forms of insanity are so various, that no specific line of conduct can be laid down for individual cases, and the benefits of the system can only be fully evinced, when it is administered with that judicious discrimination and conscientious patience, which had so much marked the character of the retiring Superintendent.

The present Superintendent, Thomas Allis, was elected by a General Meeting, specially convened for the purpose, in the 3rd month, 1823; and soon afterwards came to reside in the house; where he was privileged with George Jepson's advice and instruction for about two months previously to his introduction into office.

At the same time, Hannah Ponsonby was elected Matron in the place of Catharine Jepson, who retired along with her estimable partner, after having devoted twenty-six years of her life to the service of the Institution; during which, her anxious solicitude for the welfare of the patients, aided by her kind and affectionate manners, materially contributed to the success of the undertaking.

The following extract from the Report of 1824, exhibits the sentiments of the Directors: "We mentioned, in our last Report, the change of officers which had then recently taken place; and we feel gratified in stating, that the hopes we then entertained, as to the qualifications of those who had been selected to fill the important stations of Superintendent and Matron, have not been disappointed by a year's experience of their services. Comfort, combined with economy, appears to

mark the domestic management of the Establishment ; whilst the system of gentleness, united with firmness, in the treatment of the patients, is fully supported ; and is found in the new hands, no less influential than it was under the administration of those who so long proved its importance and efficiency.”

In 1823, the statement of accounts exhibits a favourable view of the finances : the income derived from the patients exceeding the expenses of the Establishment by £520. 0s. 11d. A variety of circumstances combined to produce this result ;—the moderate prices of provisions, the abandonment of the Appendage, and the unusual proportion of cases from the higher ranks of Society. These causes have, with little alteration, continued to the present time ; and have materially aided the funds of the Institution.

The apartments occupied by the family of the Superintendent, were erected in the spring of 1824 ; and form a north east wing to the main building, immediately fronting the entrance from the road. This building likewise includes three other rooms ; the largest of which is on the ground floor, and in which the patients are regularly assembled to hear the Scriptures read, and for religious worship.

Soon after the erection of this building, which extended to nearly the extremity of the Institution's property, about seven and a half acres of land, immediately adjoining to this wing, and running parallel with the land belonging to the Retreat, was purchased for the sum of £1848. This desirable acquisition furnished the means of materially adding to the completeness of the Establishment. Previously to possessing it, two classes of



male patients had occupied the same airing court ; a defect which nothing but the limited state of the funds, and the difficulty of obtaining ground, could at all justify ; and which, by the recent enclosure of another court, and the erection of a day room, is entirely removed.

In 1826, the house was still crowded ; and from the great encrease of family, the offices originally provided for washing, brewing, and baking, were found extremely deficient. It was therefore agreed to build a wing, corresponding with that at the north-eastern extremity of the main building. The ground floor of this wing is devoted to domestic purposes ; and the upper one, communicating with one of the old galleries, is appropriated to female patients.

Soon after this erection, a further alteration was made in the appearance of the Retreat, by the building of a Porter's Lodge, immediately adjoining the entrance gates ; and by converting the ground in the front of the house, hitherto used as a kitchen garden, into pleasure grounds. The latter alteration not only improved the appearance of the Institution, but increased the comforts of that class of convalescent female patients to whose use the grounds were appropriated.

These alterations, with the addition of a new day room for male patients, with rooms over it, attached to the old south eastern wing, and communicating with the new airing court, complete the history of the alterations and additions to the original building ; which was, it will be remembered, designed for only thirty patients. It may now be considered as adapted to the accommodation of about one hundred patients, of the



various classes ; and there are at present under the care of the Institution, no less than ninety-four—viz. forty-one men and fifty-three women.

Of these patients, eight are of the class admitted under the rule of 1818 ; which allowed the admission of patients of the higher class, not in connexion with the Society, when it could be done without prejudice to those who have the first claim on the Institution.

The remaining number, eighty-six, are such as were originally contemplated to be the objects of the Establishment, viz. Members of the Society, and those in profession with us : there being seventy-four of the former and twelve of the latter class.

In regard to payment, the patients may be arranged as follows :

At 4s. per week under recommendations	34
At 8s. per week.....	18
Above 8s. and not above 15s.....	18
Above 15s. and not above 21s. ....	6
Above 21s. and not above 5 guineas...	18
	<hr/>
	94
	<hr/>

It is gratifying to observe, from this statement, how large a proportion have the benefit of the lowest terms ; and at the same time, from the financial statement in the Appendix, how completely the deficiency in their payments is now provided for by the larger contributions of their more opulent fellow sufferers ; the charges to whom are, at the same time, reasonable for the advantages which they derive. Thus the Institution has been brought to that point which its original promoters

contemplated, when they anticipated that its own income would be sufficient to meet its current expenditure.

The liberality of the Society, and the encrease of the income from the patients during the last few years, have enabled the Directors to carry many improvements into effect, which, under other circumstances, must have been delayed, or have remained unaccomplished ; and thus, it is believed, the comfort of the patients, and the real welfare of the Establishment, have been essentially promoted.

The building cannot still be held up as a model ; but so far as its original construction would admit, it has now been adapted to the wants of its inmates.

Every year's experience has tended to confirm the Directors and Managers, in the soundness of their views of those principles in the management of the insane, which, at an early period, formed the basis of their system of moral treatment. Many striking instances have occurred, illustrating the almost infinite power of judicious kindness ; and the mischievous effects of hasty and intemperate proceedings towards the insane. It may be interesting to the subscribers to know, that of the whole number of patients under our care, not more than eight, on an average, are found to require any degree of personal restraint, except those of the bounds allotted to them for exercise.

Numbers of them walk out daily, with their attendants, in the surrounding country. A few of the men assist in the Garden and house work ; and a large proportion of the women are employed in various domestic offices, and in sewing and knitting.

Some of both sexes amuse themselves with reading, writing, and other rational occupations. About one tenth of the whole number usually attend the meetings for religious worship in the city ; and nearly one third are collected together on first-day afternoons, when the Superintendent reads the Scriptures to them, and the other members of the family. Some Friends from the city frequently attend these readings, and any breach of good order, on the part of the patients, is far from being of frequent occurrence.

In regard to the present state of medical treatment in the Establishment, it may be observed, that Dr. Fowler's views, with respect to antimaniacal remedies, without reference to the peculiar bodily symptoms, continue to influence his successors. They have, however, had the opportunity of more extended observation of cases ; and there is no doubt that this opportunity, and the experience which has been obtained, have thrown light on the nature of the symptoms, and consequently improved the medical treatment in the Establishment.

In other Establishments also, this subject has, of late years, obtained much more general investigation ; of the results of which, the medical officers have gladly availed themselves. There is reason to hope, that by a more patient observation and record of cases, and by a more free communication among medical men, of their proceedings in this important department of their art, the medical treatment of insanity will become better understood, and more successfully practised.

When we remember, that less than thirty years ago, in the Royal Hospital of Bethlem, all the curable patients were

regularly treated, at certain periods of the year, with emetics and bleeding, and that one of the most celebrated Physicians, in the treatment of insanity, in the north of England, had his Green and Blue Pills sold as nostrums for this disease, it must be admitted, that this department of the medical art is still in its infancy, and that it remains at present, as it did in the time of Lord Bacon, to be further enquired, “*How and how far the humours of the body act upon the mind, and how and how far the affections of the mind act upon the body ?*”

We are still obliged to confess, that in some cases bodily symptoms afford but an uncertain clue to the seat of the disease, and consequently to its medical treatment ; and we are of course, in these cases, obliged to depend mainly, as regards human means, on that arrangement of external circumstances, which constitutes moral treatment ; and which, tending primarily to the alleviation of *symptoms*, may ultimately, from the influence of mental emotions on the body, lessen or remove the physical cause of the disease.

The success of this combined attention to medical and moral treatment, will be best evinced by the statement of its results, which will form the subject of the next Chapter.



## CHAPTER IV.

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STATEMENT OF CASES—TABLES OF FINANCES—LIST  
AND EXPLANATION OF PLATES—OFFICERS, &c. OF THE  
ESTABLISHMENT—MODE OF ADMITTING PATIENTS.

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### STATEMENT OF CASES.

However satisfactory the theory may appear on which the practice of any establishment is founded, it must ultimately be judged of by its effects. We therefore present to the Subscribers, a statement of the results of the treatment pursued, in the cases which have been brought under the care of the Retreat.

To judge correctly of the effects of treatment, it is absolutely necessary to distinguish those cases which are of *old standing* from those which are *recent*. In the early Reports of the Establishment, these terms were used as applying, the latter to cases of not more than twelve months duration, and the former to all of longer duration. The results of some Establishments have however been published, in which the term *recent* has been applied only to cases of not exceeding three months' duration ; and the proportion of cures in these instances of *very recent* disease, has been compared with those in the class of *recent*, according to *our* application of the term.

We have therefore drawn out the results of the cases at the Retreat, under the following heads, viz.

1st. Cases of not more than three months' duration, and the first attack.

2nd. Cases of more than three, but not more than twelve months' duration, and the first attack.

3rd. Cases of not more than twelve months' duration, and *not* the first attack.

4th. All cases of more than twelve months' duration.

It will be observed, that out of the three hundred and seventy-nine cases admitted, from the opening of the Institution in 1796, to the commencement of the present year, 1828, only seventy are of the most recent class. The result of the treatment in these cases in our Establishment, and it is confirmed by the experience of others, certainly holds out decided encouragement to early removal, as a general measure. Looking at the very large proportion of cures in the first class, (those of not more than three months' duration,) there can, we think, be no doubt that the probability of recovery from an attack of insanity in its earliest stage, is fully as nine to one; and it is encouraging to know that a great number of those persons who have been discharged, recovered, from the Retreat, have not only been fully able to resume the duties of society, but have continued so, to our knowledge, for a great number of years, or during the remainder of life. Even in the cases of relapse, under the third division, it will be seen that the probability of recovery is great; and that in the fourth class, where the

duration of the disease had been the longest, there has been a considerable number of recoveries. We have witnessed some cases of perfect restoration, where the disorder had been of from ten to twenty years' duration.

It was to be expected, that a large proportion of the cases sent to the Retreat, in the first instance, would be of old standing ; but it is to be regretted, that in not a few instances, the delay which has taken place in the removal of the patient, has, in all probability, diminished materially the prospect of recovery. There may doubtless be a premature as well as a too protracted removal. In cases connected decidedly with fever, or any other diseases, which are under the care of judicious medical practitioners, it may be well to wait the result of their treatment, and the restoration of bodily health, previous to the removal of the patient from home. But where the general health is in a tolerable state, and where, to disinterested persons, the mental derangement is clearly established, there are but few cases in which the placing of the patient in a well conducted establishment, is not likely to be attended with eminent advantage.

Insanity has been too much considered as a hopeless disease : but whilst the experience of the Retreat holds out much encouragement to the friends of those who suffer under this affecting malady, it no less strongly points out the importance of judicious moral and physical care in the prevention of its attacks. Derangement of mind may probably in all cases be connected with bodily disease, and it is frequently to be traced to it as its primary cause, yet its origin is also, in numerous instances, clearly to be traced to mental affections ; and it is not



less certain, that the proper regulation of the mind is essentially connected with the prevention of the disease.

It must be acknowledged, that in several instances, its foundation appears to have been laid in an injudicious indulgence in early life ; by which the ill trained man has been brought into contact with the oppositions and difficulties of the world, without the habits of endurance or self-government. Those who are sensible of some tendency to the disease, ought to be particularly careful to avoid those circumstances and situations in life, which are attended with much risk or suspense ; nor can they be too careful in regard to diet, to avoid, both as regards quantity and kind, whatever is found unfavourable to perfect health. In cases where the constitutional tendency has been exceedingly strong, and where many relapses had occurred, it has been found practicable at the Retreat, to prolong the lucid interval to a great extent, by judicious attention to external circumstances.

In estimating the probability of recovery in the first class, it is material to notice, that three of the deaths took place within three months of admission. One of the patients was not a suitable object ; having been brought when affected with a brain fever, which carried him off in a few days. Another had had apoplectic attacks previous to admission, and died in a fit within three months of her coming under care. A third patient of this class died within six weeks, having been in a decline at the time of admission. Exclusive of these cases, the recoveries will be seen to be fifty-six out of sixty-seven.



Much caution is requisite in comparing the results of different Establishments. Particular circumstances will frequently lead to results, during a short period, or in a small number of instances, very different from those which are drawn, under the same treatment, from more extended observation. Thus, for example, of sixteen cases of the most recent class, admitted into the Retreat within a certain period, fifteen were discharged recovered.

*Statement of the number of cases admitted ; of the several classes in regard to duration of disease, from the commencement of the Establishment to the end of the year 1827 ; and the results of treatment.*

No. 1. CONSISTING OF 70 CASES OF THE FIRST ATTACK, AND NOT EXCEEDING THREE MONTHS' DURATION.

55	}	56	{	Recovered.
1				Convalescent and subsequently recovered.
				3 Removed improved.
				8 Deceased.
				3 Remain.
				<hr/>
				70
				<hr/>

No. 2. CONSISTING OF 84 CASES OF THE FIRST ATTACK, MORE THAN THREE, AND UNDER TWELVE MONTHS' DURATION.

37	Recovered.
4	Removed much improved.
4	———— improved.
3	———— as admitted.
14	Deceased.
22	Remain,
	<hr/>
	84
	<hr/>

No. 3. CONSISTING OF 61 CASES OF NOT THE FIRST ATTACK, AND NOT  
EXCEEDING TWELVE MONTHS' DURATION.

33	Recovered.
4	Removed much improved.
3	———— improved.
3	———— as admitted.
7	Deceased.
11	Remain.
<hr/>	
61	
<hr/>	

No. 4. CONSISTING OF 164 CASES OF MORE THAN TWELVE MONTHS'  
DURATION.

44	Recovered.
3	Removed much improved.
16	———— improved.
7	———— as admitted.
47	Deceased.
47	Remain.*
<hr/>	
164	
<hr/>	

It will be observed by the preceding tables, that seventy-six patients have died in the Institution, from its opening in the year 1796 to the end of the year 1827. The ages attained will be shown by the following table :

	MALES.	FEMALES.
Under 30 years	3	4
Between 30 and 40 years	6	2
Do. 40 and 50 .....	4	6
Do. 50 and 60 .....	13	7
Do. 60 and 70 .....	5	7
Do. 70 and 80 .....	4	7
Do. 80 and 90 .....	2	4
Do. 90 and 100 .....	1	1
	<hr/>	<hr/>
	38	38
	<hr/>	<hr/>

\* The discrepancy in the number of patients remaining in the house, which appears between these tables and the statements given at pages 28 and 29, arises from no patients being included in the tables, who have entered since the year 1827.

If we take the average of those ages we shall find it of males fifty-three years, and of females fifty-eight years. If we compare this with the results of an examination of the registers of the Society of Friends, within the Quarterly Meeting of York, for a period of fifteen years, ending with 1814, and excluding those who have died under twenty years of age, we shall find no great difference between the two statements; the tables of the Quarterly Meeting making the average age of males fifty-nine years, and of females fifty-seven years.

If in connexion with this subject, we consider that, in many cases, insanity is but the accompaniment or sequel of other diseases affecting life, and that the average age of the patients now in the Retreat is about forty-eight years, there will not, we apprehend, appear to be any ground for the supposition that insanity has any general effect in shortening the period of human existence. Epidemic disease has in no instance been the occasion of mortality among the patients; and of the seventy-six cases of death, twenty-five took place after a residence of from ten to twenty-eight years in our Establishment.

## TABLES

### RELATIVE TO THE FINANCES OF THE INSTITUTION,

No. 1. The INCOME of the Establishment in each year, under the respective heads.

No. 2. The EXPENDITURE in each year, under various heads; and the number of patients of each sex in the several years.

No. 3. The PROPERTY of the Institution of various kinds in each year, showing the progress of the funds.

No. 4. The total amount of the CONTRIBUTIONS of Friends in the several Quarterly Meetings.

## INCOME OF THE ESTABLISHMENT.

Year ending 3 mo. 31.	Receipts from Patients.			Legacies and Annuities.			Annual Subscriptions.			Donations.			Total.		
	£.	s.	d.	£.	s.	d.	£.	s.	d.	£.	s.	d.	£.	s.	d.
1797	212	1	0	875	0	0	46	4	0	1950	10	6	3083	15	6
1798	388	9	10	102	10	0	40	19	0	433	14	6	965	13	4
1799	678	9	0	0	0	0	35	14	0	413	18	6	1128	1	6
1800	863	16	3	641	0	0	37	16	0	353	15	0	1896	7	3
1801	997	14	0	50	0	0	45	3	0	320	19	0	1413	16	0
1802	1082	11	11	143	16	0	44	2	0	52	0	0	1322	9	0
1803	1114	10	3	169	0	0	56	14	0	162	6	0	1502	10	3
1804	1191	16	8	197	0	0	47	5	0	351	0	6	1787	2	2
1805	1146	11	4	601	5	0	58	16	0	110	4	0	1916	16	4
1806	1277	1	4	142	0	0	53	11	0	33	6	0	1505	18	4
1807	1301	18	6	110	0	0	56	14	0	654	18	6	2123	11	0
1808	1355	19	9	693	0	0	42	0	0	142	9	0	2233	8	9
1809	1592	18	7	490	0	0	52	10	0	43	5	0	2178	13	7
1810	1590	1	9	25	0	0	53	11	0	131	14	0	1800	6	9
1811	1615	0	8	550	0	0	43	1	0	1399	4	0	3607	5	8
1812	1828	4	11	315	0	0	47	5	0	161	10	6	2352	0	5
1813	1844	12	6	280	0	0	49	7	0	91	10	0	2265	9	6
1814	1744	9	5	286	10	10	132	2	0	678	7	6	2941	9	9
1815	1890	18	5	1160	0	0	113	18	6	459	16	0	3624	12	11
1816	1827	15	3	285	0	0	106	10	6	102	14	6	2322	0	3
1817	1780	17	9	168	2	6	115	18	6	204	8	0	2269	6	9
1818	1881	19	10	490	0	0	314	9	6	472	13	0	3159	2	4
1819	2095	3	7	408	0	0	481	17	6	311	8	0	3296	9	1
1820	1983	19	10	1010	10	0	389	7	6	354	13	2	3738	10	6
1821	1786	11	2	*250	0	0	406	2	0	56	18	6	2499	11	8
1822	2141	4	8	445	7	0	431	19	6	52	13	0	3071	4	2
1823	2696	4	4	187	0	0	395	0	0	59	19	0	3338	3	4
1824	2941	18	5	430	0	0	461	10	6	4	16	0	3838	4	11
1825	3504	15	2	240	0	0	478	11	6	494	13	5	4718	0	1
1826	3505	16	6	333	13	0	426	18	0	88	0	0	4354	7	0
1827	3789	8	8	972	12	0	351	2	6	121	1	0	5234	4	2
1828	3630	10	5	297	0	0	300	12	0	52	0	0	4280	2	5

\* The Annuity account from 1821 includes the rent of the Farm, &c. valued at £50 per annum, until the year 1826; after that period at £97, on account of the additional purchase of land.



## EXPENDITURE, &amp;c.

Year ending 3 mo. 31.	Average No. of Patients.		House Expenses, &c.			Salaries and Servants Wages.			Interest on Debt, and to Annuitants.			Total.		
	Male	Fem.	£.	s.	d.	£.	s.	d.	£.	s.	d.	£.	s.	d.
1797	6	9	316	13	0	Uncertain.			Uncertain.			316	13	0
1798	7	11	520	10	8	do.			176	16	11	697	7	7
1799	12	15	530	2	8	162	14	6	190	3	3	883	0	5
1800	16	19	717	17	7	175	16	6	208	13	0	1096	7	1
1801	15	23	860	12	9	202	2	0	205	11	0	1268	5	9
1802	16	26	865	17	11	203	9	0	207	17	8	1277	4	7
1803	14	31	825	4	10	204	1	0	214	8	2	1243	14	0
1804	17	31	903	18	3	222	12	0	211	9	1	1337	19	4
1805	17	30	965	15	9	224	0	6	205	13	11	1395	10	2
1806	17	35	1100	7	11	225	1	2	220	1	6	1545	10	7
1807	19	32	1014	2	8	263	4	10	216	17	11	1494	5	5
1808	23	31	1050	17	7	284	7	3	207	18	6	1543	3	4
1809	25	34	1236	3	6	299	3	0	211	13	6	1747	0	0
1810	24	34	1341	18	9	298	19	6	204	4	4	1845	7	2
1811	23	34	1317	13	4	300	19	6	209	8	6	1828	1	4
1812	25	36	1551	1	0	330	13	0	210	0	10	2091	14	10
1813	25	39	1787	16	7	383	13	5	216	4	4	2387	14	4
1814	24	37	1790	15	7	377	5	1	216	19	2	2384	19	10
1815	23	38	1791	10	5	418	9	1	226	3	5	2436	2	11
1816	25	39	1693	16	1	417	8	0	202	0	0	2313	4	1
1817	27	34	1762	6	5	446	4	10	214	19	6	2423	10	9
1818	28	36	2055	17	1	447	13	11	273	19	6	2777	10	6
1819	29	35	2112	10	8	511	5	0	318	17	0	2942	12	8
1820	30	31	2002	10	8	489	19	6	324	4	3	2816	13	5
1821	30	33	1932	3	11	495	9	6	333	15	7	2761	9	0
1822	30	36	1812	18	10	563	1	3	351	11	4	2727	11	5
1823	30	39	1632	7	5	543	16	0	362	12	0	2538	15	5
1824	31	39	1821	16	7	555	9	6	404	12	8	2781	18	0
1825	32	43	2092	11	9	599	10	4	332	10	9	3023	12	10
1826	35	46	2105	4	5	593	12	9	339	5	9	3038	2	11
1827	37	50	2271	12	1	642	2	6	359	2	0	3272	16	7
1828	38	51	2740	4	9	721	7	3	331	0	3	3792	12	3

Under House Expenses are included drugs, repairs, wear and tear of linen, furniture, &c.

## PROPERTY OF THE INSTITUTION.

Year ending 3 mo. 31.	Land and Buildings.			Furniture and Linen.			Due from Patients, Stock in hand, &c.			Debts owing.			Value of the Institution's Property.		
	£.	s.	d.	£.	s.	d.	£.	s.	d.	£.	s.	d.	£.	s.	d.
1797	5425	9	10	506	12	11	38	16	0	3301	16	11	2669	1	10
1798	5531	18	5	545	18	3	260	6	1	3388	16	10	2949	6	0
1799	5628	10	8	604	5	9	279	3	11	3317	13	3	3194	7	1
1800	6237	1	11	661	4	8	287	3	5	3191	3	1	3994	6	11
1801	6255	14	6	679	2	4	324	17	6	3119	17	2	4139	17	2
1802	6259	12	9	747	18	5	297	0	1	3119	8	11	4185	2	5
1803	6263	3	1	756	13	8	445	9	0	3021	7	1	4443	18	8
1804	6664	14	11	794	10	2	383	12	6	2946	16	0	4893	1	7
1805	7015	0	3	860	6	2	461	8	9	2922	7	6	5414	7	9
1806	7213	2	10	900	19	11	433	8	5	3172	15	8	5374	15	5
1807	7292	10	4	900	14	0	510	16	7	2700	0	11	6004	1	0
1808	7292	10	3	955	13	6	639	17	6	2193	14	10	6694	6	5
1809	7360	6	3	1025	3	0	784	18	6	2044	7	7	7126	0	0
1810	7362	18	11	1026	15	6	690	9	4	1998	19	7	7081	4	1
1811	8913	2	7	1165	19	4	920	6	6	2139	1	0	8860	8	5
1812	9229	8	4	1475	2	11	815	10	1	2389	7	4	9120	14	0
1813	9329	3	0	1494	16	6	862	12	3	2688	2	7	8998	9	2
1814	9408	4	4	1609	9	4	862	6	7	2425	1	2	9454	19	1
1815	9442	12	10	1759	2	11	1041	7	1	1599	16	10	10643	6	0
1816	9469	0	11	1792	0	10	1168	14	4	1777	13	10	10664	14	8
1817	9496	4	8	1812	7	7	1819	0	9	2617	2	4	10510	10	8
1818	11482	6	9	2072	13	2	1351	4	8	4014	2	1	10892	2	6
1819	11609	13	7	2060	18	0	1165	13	6	3590	6	2	11245	18	11
1820	11869	10	1	2047	14	10	1183	6	3	2932	15	2	12167	16	0
1821	11883	4	1	1999	18	0	1085	7	10	3062	11	2	11905	18	9
1822	12958	2	3	1943	11	3	1279	5	11	3931	8	0	12249	11	5
1823	12466	4	9	1866	3	0	2102	9	9	4207	4	10	12227	12	8
1824	12345	4	9	1806	12	0	1981	1	8	3048	19	7	13083	18	10
1825	12770	19	9	1828	19	3	1733	15	9	1555	8	8	14778	6	1
1826	14622	2	3	1828	3	8	2144	11	4	2499	6	7	16094	10	7
1827	16544	12	9	1809	16	0	2227	8	6	2525	19	1	18055	18	2
1828	17380	11	9	1900	19	0	2326	15	10	2864	18	3	18543	3	0

# TOTAL OF THE CONTRIBUTIONS OF FRIENDS

WITHIN EACH QUARTERLY MEETING,

*To the 3rd month, 1828.*

	Annual Subscriptions.			Lega. & Donations.			Annuities.		
	£.	s.	d.	£.	s.	d.	£.	s.	d.
Bedfordshire and Hertfordshire	155	4	0	231	18	0	100	0	0
Berkshire and Oxfordshire....	31	7	0	80	12	0	200	0	0
Bristol and Somersetshire.....	359	5	6	782	3	6	200	0	0
Buckinghamshire.....	177	0	0	210	19	6			
Cambridge and Huntingdonshire	2	2	0	148	8	6	50	0	0
Cheshire.....				6	1	6			
Cornwall.....	74	19	0	102	17	6			
Cumberland and Northumberl.	32	10	6	62	16	6			
Derby and Notts.....	75	10	0	137	5	0			
Devonshire.....	21	16	0	100	10	0			
Dorset and Hants.....	1	0	0	75	2	0	100	0	0
Durham.....	37	6	0	335	5	6			
Essex.....	177	1	6	204	5	0	400	0	0
Gloucester and Wiltshire.....	141	6	0	326	8	6	200	0	0
Herefordshire and Worcestersh.	2	2	0	122	17	0			
Kent.....	43	5	0	8	4	0			
Lancashire.....	374	15	0	679	16	5	200	0	0
Lincolnshire.....	30	7	0	71	15	6			
London and Middlesex.....	1168	9	6	1527	6	0	1300	0	0
Norfolk and Norwich.....	48	6	0	166	0	6			
Northamptonshire.....	73	6	0	25	15	0			
Suffolk.....	144	14	6	303	8	0	150	0	0
Sussex and Surrey.....	144	1	6	168	4	0			
Scotland.....	1	0	0	48	4	0			
Wales.....	198	13	6	448	17	0			
Warwickshire, &c.....	222	16	0	579	2	0	200	0	0
Westmoreland .....	170	7	6	70	17	6			
Yorkshire.....	1862	15	0	2385	19	6	2835	7	0
Ireland.....							100	0	0
Rhode Island.....				20	0	0			
Anonymous.....				958	7	0			
Legacies.....				5159	8	6			
Total	£5771	6	0	15548	14	11	6035	7	0



# LIST

## AND EXPLANATION OF THE PLATES.

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PLATE A. A general plan of the Buildings and Land.

PLATE B. Ground plan of the Buildings, Patients' Courts, &c.

PLATE C. Chamber plan of the Buildings.

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The centre and the two adjoining wings constituted the original plan. The greater part of the south east wing was erected in the year 1799. The south west wing, for women, in the year 1803. The north east wing was added for the use of the Superintendent's family, a general reading room, and a few men patients, in the year 1824. The north west wing was erected in the year 1826, for the further accommodation of women, and to provide better offices for the Establishment; and in the same year, an addition was made to the south east wing.

The centre building has a second chamber story, which, with three rooms on the first chamber story, are principally appropriated to the highest class of women patients. The apartments are spacious, and are furnished in a manner adapted to the habits of the occupants.



The Lodge, as it is rather unaptly termed, which is placed just beyond the boundary of the airing courts, and is connected with the centre building by a long passage, is appropriated exclusively to the highest class of men patients.

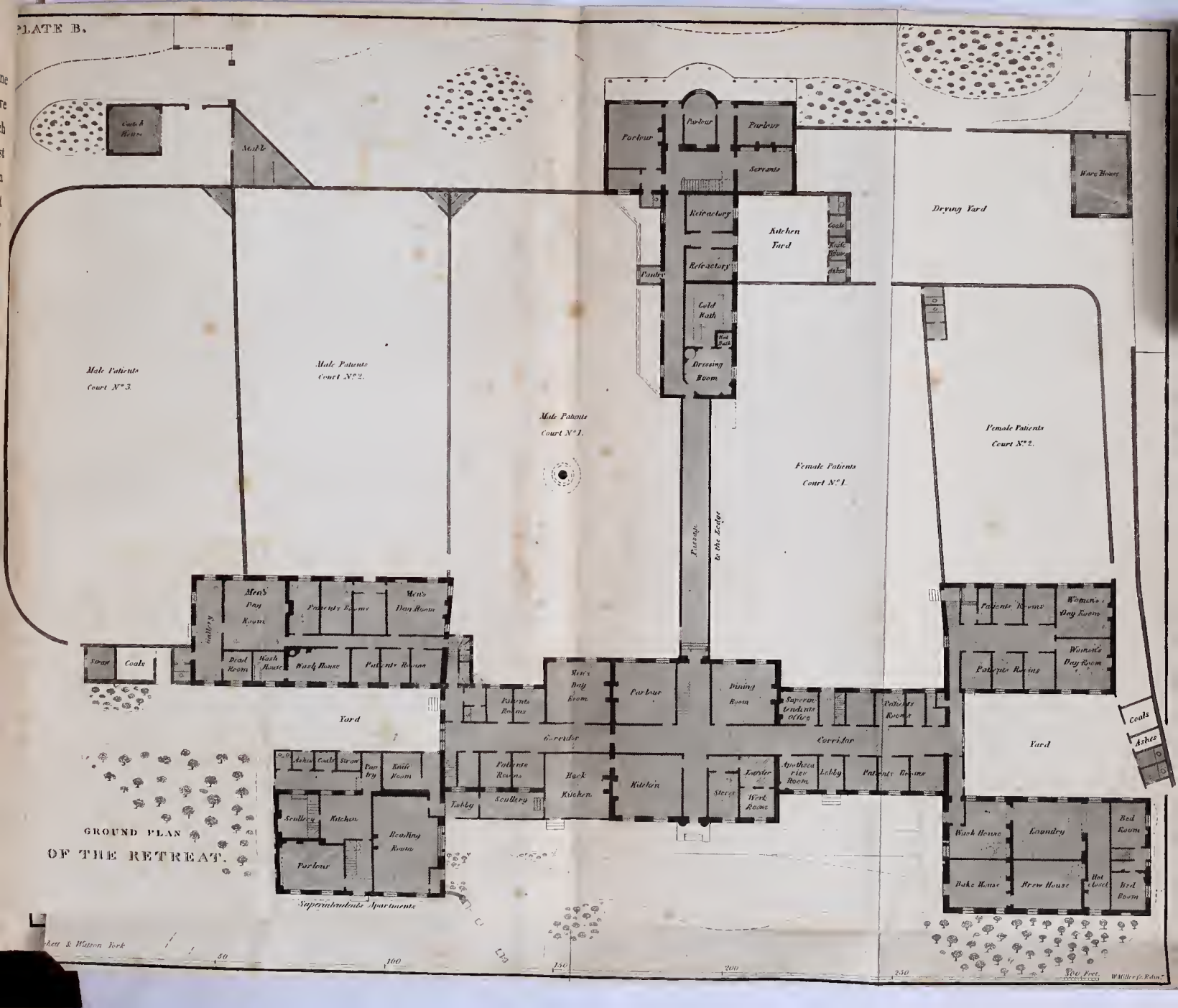
The other classes of men occupy the ground floor of the original wing, on the left hand or east side of the centre, the whole of the south east wing, and such part of the north east wing as is not used by the Superintendent's family and for the reading room. These patients are divided into three classes ; according to their states of mind ; having each of them their separate day rooms and airing courts, and two of them separate galleries.

The women patients occupy the whole of the chamber story of the centre and wings which constituted the original building, part of the ground floor of the original wing on the right hand or west side of the centre, and the whole of the extreme south west and north west wings, except that part on the ground floor of the latter which is devoted to the offices. The women are divided into five classes ; having each of them a separate day room and gallery, but not separate airing courts ; circumstances not having hitherto allowed the accomplishment of this desirable arrangement.

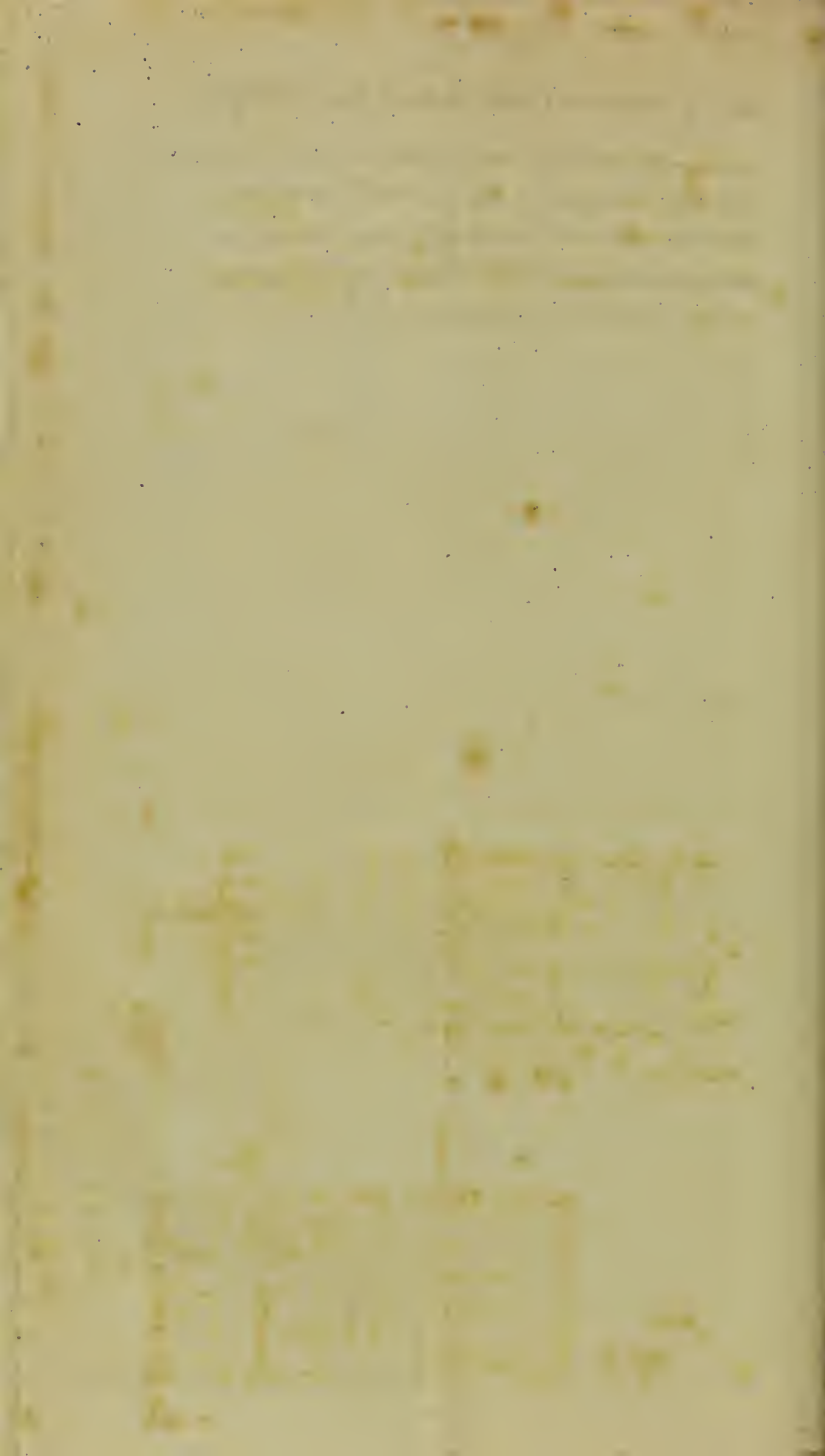
It has already been intimated, that the building is far from being a model for the construction of similar erections.

Among the defects are, the general form of the building, and the consequent situation of the airing courts, so placed as that the men's courts are overlooked by some of the women's day

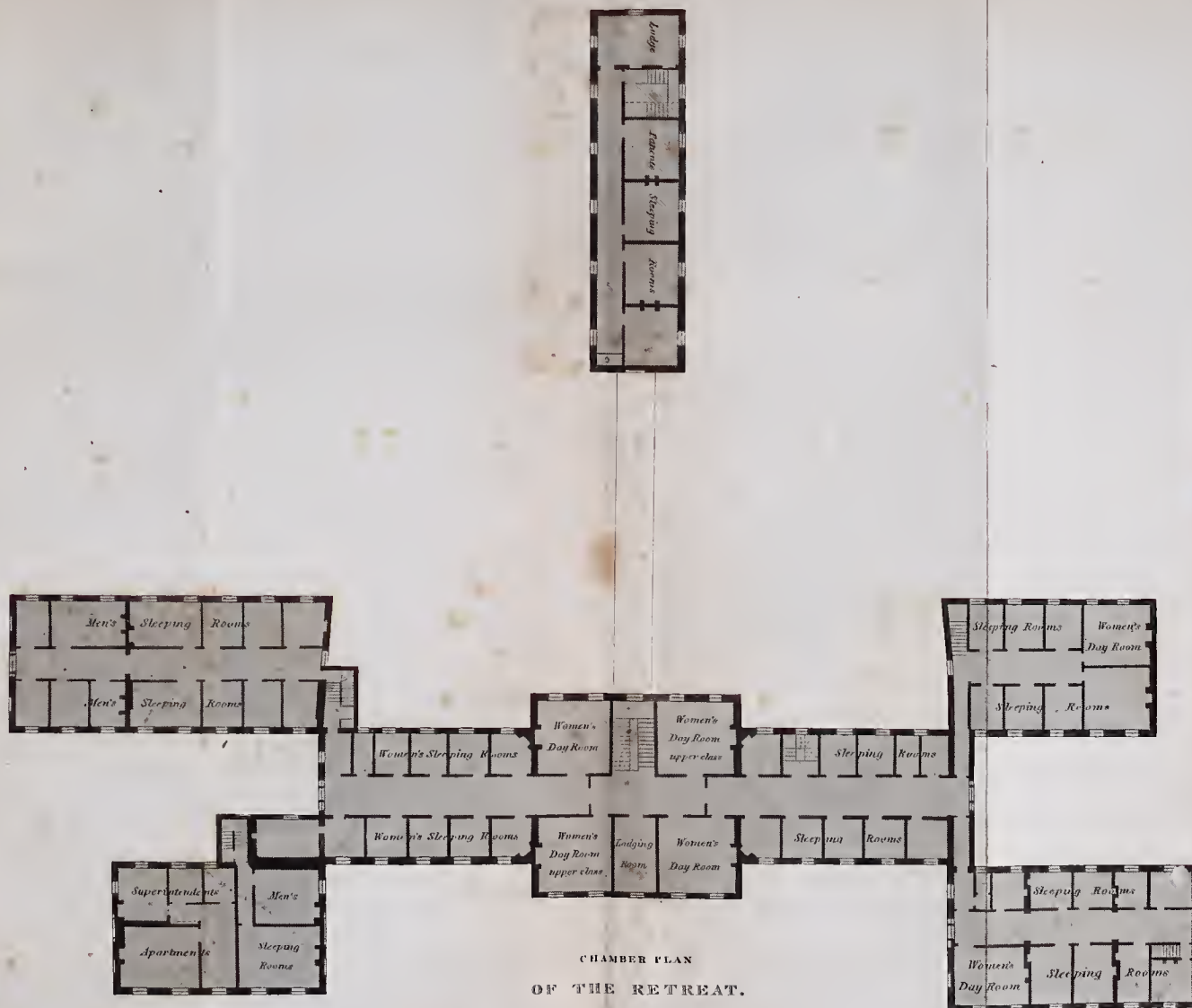
rooms—the galleries being most of them lighted only at one end, and consequently not so cheerful as might otherwise have been the case—and the remoteness of the day rooms from each other, encreasing the difficulty of superintendence ; but whilst candour obliges us to acknowledge these defects, we express a confident opinion, that in a variety of ways, the evils attendant upon them are, in a great degree, prevented or mitigated by the assiduity of the managers of the Establishment. The building has the merit of providing amply for classification ; and the appearance of comfort and cheerfulness is particularly noticed by visiters in general, as pervading almost every part of the Establishment. The absence of all bars to the windows, the frames being of cast iron—the neat furniture of the rooms even of the poorest patients—and the moderate height of the walls of the courts, contribute materially to this agreeable impression. The house has also the advantage of being placed in an elevated and delightful situation, so that the day rooms and airing courts command an extensive view of the country.



GROUND PLAN  
OF THE RETREAT.







CHAMBER PLAN  
OF THE RETREAT.



## OFFICERS AND SERVANTS.

The present Establishment of this Institution is as follows :

### OFFICERS.

PHYSICIAN.	DR. H. S. BELCOMBE.	} Not resident in the house.
SURGEON.	CALEB WILLIAMS.	
SUPERINTENDENT.	THOMAS ALLIS.	
MATRON.	HANNAH PONSONBY.	

### SERVANTS.

ASSISTANT TO THE SUPERINTENDENT.

ASSISTANT TO THE MATRON.

SIX MALE ATTENDANTS on the Patients.\*

EIGHT FEMALE Do.\*

FIVE DOMESTIC SERVANTS, including House-maid, Cooks, &c.

THREE LAUNDRY-MAIDS.

THREE MEN-SERVANTS, viz. a Gardener, who also bakes and brews ; an Under Gardener, who also has the care of the horse and carriage, and drives out the female patients ; and a Farming Servant, who also works in the wash-house two days in the week.

\* Of these male and female attendants, six are engaged in the care of about twelve patients of the highest class.

When there is room in the distinct apartments appropriated to the Higher Classes of Patients, persons who are not connected with the Society of Friends by membership or profession, may be admitted into them ; care being taken, not to interfere with the prior claims of those who were the original objects of the Institution.

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## CHAPTER II.

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### RULES RESPECTING CONTRIBUTIONS.

In addition to the payments of the patients, gratuitous contributions, subscriptions for annuities, and legacies, shall be received in aid of the Funds ; and Contributors, Annuitants, and Executors, shall be entitled to the privileges described in the following Rules.

1st. A Contribution of one hundred pounds from any Quarterly or other Meeting, in its collective capacity, a Donation of twenty-five pounds from any Friend, a Subscription of fifty pounds for an Annuity, or the payment of a bequest of not less than £100, by any Executor, shall entitle such Meeting, Donor, Annuitant, or Executor, respectively, to the privilege of nominating one poor Patient at a time, on the lowest terms of admission.

2nd. In consideration of the smallness of a Quarterly Meeting, or of its members not being in an eligible situation to contribute one hundred pounds, the General Meeting of Subscribers shall have power, on application, to extend the privilege



of the first Rule to such Meeting, on contributing a smaller sum, at the discretion of the said General Meeting.

3rd. The privilege of Meetings or persons, to recommend poor Patients on the lowest terms of admission, according to the first and second Rules of this Chapter, shall not be taken away or diminished, notwithstanding any general powers which are, or may be invested in the future Directors.

4th. As it is necessary to ascertain the rights of each Meeting to recommend poor Patients, Donors of twenty-five pounds and upwards, are desired to explain, whether they wish to enjoy the privilege, during life, of recommending poor Patients, or that their Donations should be considered as the Subscriptions of their Quarterly or other Meetings : and it is agreed, that all Donations of individuals not claiming such right of recommendation, shall be considered as the Subscriptions of their respective Quarterly Meetings, whether reported to such Meetings or not ; and every Quarterly Meeting shall enjoy the privilege of recommending poor Patients, in proportion to the Subscriptions of their respective members, on which no separate privilege is claimed.

5th. The name, when sent up, of every Annuitant, Donor, Subscriber, or Executor, shall be recorded in a book kept for that purpose ; and every Annuitant, Donor of not less than two guineas, and Subscriber of sums at any time amounting to two guineas, or Executor paying a bequest of not less than one hundred pounds, being and continuing a member of our Society, shall be a member of the meetings which are to be held for the government and superintendence of the Institution.

6th. For the satisfaction of Subscribers on life annuities, and those who have lent, or may hereafter lend any money to this Institution, this Meeting declares, that the whole real and personal property thereunto belonging, acquired, and to be acquired, shall stand and continue a security to the said life Annuitants, for the annual payment of their interest, and to the Lenders aforesaid, for the regular payment of principal and interest.

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### CHAPTER III.

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#### THE RULES ON GOVERNMENT.

1st. The General Meeting in the year 1800, according to the original plan of the Institution, made provision for a perpetual succession of Directors. Forty Subscribers, members of our Society, were then nominated and appointed, who, and their successors as hereafter directed to be appointed, together with any other Donors, Subscribers, or Executors, qualified according to the fifth Rule of Chapter II. and Agents who may be appointed by any qualified Meeting, and may from time to time choose to attend, are to be the General Meeting, and continue the Directors of the Institution, in whom the government of it is perpetually to vest and remain. The said forty Directors, with any other qualified Donors or Subscribers, are to meet quarterly for the transaction of business referred to them in the following Rules. The members of the Committee of Management, for the time being, shall be members of the General and Quarterly Meetings, by virtue of that appointment.

Eight of the forty Directors shall be present at each Quarterly Meeting, and ten of the said forty at each General Meeting.

2nd. At the expiration of each year, the first named eight on the list, of the said forty, are to cease to be Directors ; and eight other members of our Society are to be appointed by the General Meeting in their places ; with an addition for such as may be deceased or disowned ; and the whole may be chosen from the number of Annuitants, Donors, Subscribers, and Executors, or others, as shall, in process of time, be judged most convenient and best. The Directors so chosen shall have a right to attend the meetings of the Committee.

3rd. A General Meeting shall be held in the latter end of the 6th month, or the beginning of the 7th month of every year, unless some other time should hereafter be found more convenient ; and the Friends who may compose it shall, from time to time, have a general state of the family, and accounts of the Institution, laid before them ; and except the *third* and *sixth* Rules of Chapter II. which relate to securities to Annuitants, to Lenders of money, and to privileged Meetings and Subscribers, shall have power to alter or make Rules, and give such directions, as they may think best adapted to promote the designs of the Institution. They may also confirm, alter, or abrogate, the Orders and Regulations of the Quarterly Meetings ; and shall annually appoint Seven Friends, who with the Treasurer shall be a Committee for the management of the Undertaking. No Person receiving any salary from the Institution, shall be entitled to attend any of the Meetings for its management.



4th. During each Quarterly Meeting of Friends for Yorkshire, or after the conclusion of it, a Meeting is to be held to receive a report of the Committee's accounts, read over all their minutes, make such alterations in the weekly payments of any of the Patients as, on representation, may be deemed needful, and give the Committee such advice and direction as they may think proper, consistently with the general Rules and Orders that may have been established ; which Meetings shall be the General or Quarterly Meetings respectively.

5th. At each Meeting, to be held as aforesaid, two Friends shall be appointed as Visitors to the Institution, for each month in the succeeding Quarter ; who are authorized to inspect every part of the House, at such times, and as often as they may think proper. They are expected to enter in a Book, to be kept for that purpose, the time of their attendance, and such remarks as may appear to them necessary or desirable. The minutes of the Visitors to be read at the Meetings of the Committee, and at the General and Quarterly Meetings.

6th. The appointment of the Treasurer, Physician, Surgeon, Superintendent, and Matron, shall be vested in the General or Quarterly Meetings.

7th. If at any future period, by means of some unforeseen or unexpected events, it should appear to the General Meeting, that the original purpose of the Undertaking cannot be accomplished or pursued, the said General Meeting shall give due notice in writing to all the Directors, and also in every Quarterly or other Meeting of our Society, which, according to the Rules, may be interested therein, that the disposal of the Pro-



perty of the Institution is to be taken under consideration at a Meeting, the time and place of which shall be specified. At such Meeting two Agents or Representatives, appointed by any of the said Meetings, shall be admitted as members of the General Meeting; and in case two-thirds of the Meeting so convened shall agree thereto, they may sell or dispose of the whole Estate and Property of the Institution, or of any part thereof; and after discharging all claims upon it, may appropriate the net produce thereof, to such just, equitable, or charitable uses, as they, on serious and deliberate consideration, shall judge best.

#### POWERS OF THE COMMITTEE.

The Committee shall have the general inspection, control, and management of the Institution. It is to meet once a month, or oftener if necessary—admit and discharge patients, and fix the weekly terms—engage or dismiss servants—examine and pass bills previous to payment—audit the Treasurers and Superintendent's accounts, and cause a clear statement of the funds of the Institution to be annually prepared, and laid before the General Meeting.

It shall keep minutes of all its proceedings, for the perusal of the General and Quarterly Meetings. The Committee is to appoint three female visitors, one of whom is to be changed every month. The Committee shall have a discretion to decline the admission of Patients, though Members of our Society; but in such cases, the applicants, if dissatisfied, may, after having given fourteen days' previous notice, in writing, to the Treasurer, represent the case to a General or Quarterly Meeting for its decision.

## OFFICERS AND SERVANTS.

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### CHAPTER IV.

The Officers of the Institution are, a Treasurer, Physician, Surgeon, Superintendent, and Matron.

#### TREASURER.

The Treasurer shall keep an account of all moneys received and paid on account of the Institution. He is authorised to give receipts for legacies and other payments. His Cash Book shall be laid before the Committee at their regular Meetings, and examined by them. He shall dispose of the balances in his hand, in such manner as the General or Quarterly Meeting shall direct.

#### PHYSICIAN.

The Physician shall visit the House and see the Patients, at least three times in each week. He shall also attend at the House at any time, when requested by the Superintendent.

A Case Book shall be provided, in which shall be entered the information originally received relative to each Patient ; and in which he shall enter an account of the treatment pursued in each case, and the apparent results.

A book shall also be provided in which he shall enter the date of his visits, the names of such Patients as he considers in a fit state to be discharged, and any observations which he wishes to communicate to the Committee.

The books above described shall be the property of the Institution.

#### SURGEON, &c.

The Surgeon or Apothecary, when not resident in the family, shall attend at the House at least three times in each week ; and at any other times, when requested by the Physician or Superintendent. In addition to the performance of Surgical operations, he shall give such General Medical assistance as may be required of him.

He shall keep a book in which he shall enter the time of his attendance, his proceedings, and any other observations he inclines to make. The book to be open to the Physician and Superintendent, and to be the property of the Institution.

#### SUPERINTENDENT AND MATRON.

The Superintendent, under the general directions of the Committee, shall have full authority in the House ; and, in conjunction with the Medical Officers, shall direct the management of the Patients. He shall be authorised to discharge any servant or attendant for improper conduct ; but where the case is not urgent, the Committee are to be consulted as to the discharge of those whom they have elected.

The Superintendent shall see every Male Patient at least *once* in the course of each day, and shall attend, when practicable, at the administration of medicines, and the application of personal restraint, to the Male Patients.

The Superintendent shall, from time to time, report to the Committee the various articles wanted for the use of the House.

The Superintendent or Matron shall not be absent from the Institution more than a day, without permission of the Committee.

The Matron shall superintend the domestic arrangements of the Establishment. She shall have the care of the Female Patients, and the management and control of the female servants; whom she may discharge. She shall pay the same attentions to the Women Patients as are required of the Superintendent in regard to the men; and shall have under her particular care the sick Patients of both sexes.

#### REGULATIONS AS TO SERVANTS.

1st. All the Servants shall have fixed salaries or wages, and no perquisites.

2nd. If any Servant strike, or punish, or otherwise ill-treat any Patient, such Servant shall be dismissed from his or her situation.

3rd. The Attendants shall not employ any coercion, without obtaining the previous consent of the Superintendent or Matron, or immediately informing one of them thereof.



4th. The Attendants shall, as much as possible, be present with the Patients under their respective care.

5th. Every Servant on going out, must have leave of absence ; the Men Servants from the Superintendent, and the Women Servants from the Matron.

6th. The Servants shall, in all respects, conform to the orders and directions of the Superintendent and Matron respectively.

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## CHAPTER V.

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### RULES FOR THE ADMISSION OF PATIENTS.

1st. The Terms for Board, Washing, Medical Advice and Medicines, and all other things necessary, except clothing, are, for every poor Patient privileged agreeably to the first Rule of Chapter II. a sum not less than four shillings per week.

2nd. Not less than eight shillings per week shall be paid for other Patients, and more according to circumstances ; and a reasonable sum for the board of the servant of a Patient when one is required. Such servant, if provided by the friends of the Patient, must be approved by the Committee. The terms of admission to be subject to future alterations, if found necessary ; and a quarter of a year's maintenance for each Patient is to be paid in advance. An additional charge to be made, at

the discretion of the Committee, on those Patients who come with disorders unconnected with Insanity.

3rd. As experience demonstrates, that the recovery of insane Patients, frequently depends on their being removed from their connexions, and put under proper care and treatment in the early stages of the disorder, it is earnestly recommended to their friends, to remove them at an early period, after the character of the disorder appears to be fixed. And as an additional inducement to persons in straitened circumstances, to adopt this SALUTARY measure, it is concluded, that in derangements not exceeding six months from the first attack of the disorder, those Members of our Society whose circumstances, in case of continuance, would not conveniently admit of their paying more than eight shillings per week, shall be entitled to an abatement of four shillings a week for one year, if not sooner recovered. Those Patients who, by Rule 1st, Chapter II. would be rated at four shillings per week, will, under this regulation, be admitted gratis, for a year, if necessary.

4th. No Patient shall be admitted into the Establishment without a medical certificate, agreeably to Act of Parliament. *Vide* form of certificate in page 62.

Answers should also be given to the Queries, transmitted by direction of the Committee, to the applicants for the admission of patients. *Vide* page 63.

5th. *Application is to be made, and PERMISSION given, PREVIOUSLY TO THE SENDING OF ANY PATIENT TO THE INSTITUTION.* See the "Mode of Admission," page 48.

## FORM OF A BEQUEST.

I bequeath to the Treasurer, for the time being, of an Institution near York, called *The Retreat, for Persons afflicted with disorders of the mind among the Society of Friends*, the sum of \_\_\_\_\_ to be paid out of such part of my personal estate, as shall not consist of chattels real, and applied for the purposes of the said Institution ; and for which the receipt of such Treasurer shall be a sufficient discharge.

## FORM OF MEDICAL CERTIFICATE,

*Agreeably to the late Act of Parliament,*

Which requires that all the particulars here inserted, should be attested by the signatures of *two* Medical Practitioners, each of them being Physician, Surgeon, or Apothecary, and that the Certificate shall bear date not more than *fourteen days* previous to such reception.

We hereby certify, that we have *separately* visited and personally examined \_\_\_\_\_ of \_\_\_\_\_  
aged \_\_\_\_\_, and that he is insane, and a proper person to be confined.

We also certify, that according to the best of our knowledge, the following particulars, required by Act of Parliament, are correctly stated, viz.

1. Christian and surname and place of abode,  
of the person by whose authority or direction the patient has been examined. }
2. Degree of relationship or other circumstance of connexion, between such person and the insane person. }
3. Former occupation of the patient, and the Asylum, if any, in which such patient shall have been previously confined. }
4. Whether such person shall have been found lunatic or of unsound mind, under a Commission issued by the Lord Chancellor, or Lord Keeper, or Commissioner of the Great Seal. }



5. Date of EACH visit by the Medical Practitioners ; specifying whether M. D. Surgeon, }  
or Apothecary.

6. Date or dates of Signatures.

## Q U E R I E S

Which are usually transmitted to applicants for the admission of Patients.

### RETREAT, NEAR YORK.

Much disadvantage having arisen to the Institution, from Patients being sent in a very infirm state of bodily health, or subject to fits, the Committee desires that, in all cases where the Patients are afflicted with any known bodily disease, particular information respecting it may be communicated, *previously to their being sent to the Retreat*. And as the successful treatment of insane persons, may depend much upon the information received relative to their cases, the Friends and Medical Attendants of Patients, are earnestly requested to answer carefully the following Queries, and to add any other particulars connected with the Patient's disorder or character, which may be thought useful.

The Certificate is to be filled up by a MEDICAL PERSON ; and the whole may be sent along with the Patient, when not particularly requested to be sent before.

1. What is the Patient's name and age ?
2. Occupation ?
3. Single or married, and, if married, the number of children, and the age of the youngest ?
4. Supposed cause of the insanity ?

5. Of how long continuance ?
6. Is this the first attack ?
7. If not, how many previous attacks, and at what distance of time from each other ?
8. Have the intervals of sanity been complete ?
9. Is the disease supposed to be constitutional ?
10. Was there any thing peculiar in the previous habits or manners of the Patient, or a degree of mental weakness approaching to ideotism ?
11. Have any and what medical means been employed ?
12. Has the Patient been in any public Hospital or private Establishment for the insane ?
13. Is the Patient in good bodily health ; if not, describe the disease and the state of it particularly ?
14. Has he or she been afflicted with fits or palsy ?
15. Has the Patient shown any disposition to refuse food, or to injure himself or others ?
16. Who is to be chargeable with the Quarterly Accounts, and to whom are they to be sent ?

FINIS.